**INSTALLING A FUTURE TEMPLATE – STEP BY STEP**

**Introduction**

Say: *We have worked on past experiences relating to your issue, as well as current situations that have triggered you. I would like to suggest that we now work on how you will respond in the future to the same or similar situations.*

**Step 1 Identify Desired Outcome**

Identify the Future Situation (based on the Present Trigger or Current Situation that you have just reprocessed) where a more adaptive response is needed. Brainstorm with the client to craft the optimal adaptive response for this client. Discuss with the client to ensure that s/he has the necessary skills to implement it.

Identify the desired image, emotions, physical sensations, thoughts and actions.

Scene –

Emotions –

Physical sensations –

Thoughts -

Actions -

**Identify the desired Positive Cognition (PC)**

PC –

**Step 2 Imagine the Scene**

Ask the client to imagine the scene of coping adaptively in the future holding in mind the Positive Cognition (PC) and the emotions.

Say: *I’d like you to imagine yourself coping effectively with this situation in the future.*

*With the new positive belief (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and a feeling of (e.g. calm, confidence… ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - imagine stepping into this scene. Notice how you are handling the situation and what you are thinking, feeling and experiencing in your body.*

Pause while the client develops the experience.

Say: *What are you noticing?*

**Negative Response:**

Identify any difficulties, problem solve and brainstorm with client and generate a desired response.

Repeat Step 2.

**Neutral or Uncertain Response:**

Ask for clarification (lack skills or experience, need for a plan). Generate desired response with client.

Repeat Step 2.

**POSITIVE RESPONSE:**

Reinforce with BLS (1 or 2 sets – fast BLS)

Say: *Bring up the scene and follow my fingers.*

Add BLS

Say: What are you noticing?

If still positive –

**Install the Positive Cognition**

Install the Positive Cognition until the VOC is 7 (or ecologically appropriate).

Say: *Think about the scene and the words (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* .

Pause

*On a scale of 1 – 7, where 1 is completely false and 7 is completely true, how true do the words (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FEEL to you NOW?*

VOC \_\_\_\_\_\_\_

Say: *Bring up the scene and hold in mind the Positive Cognition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*And follow my fingers.*

Add BLS

Say: *On a scale of 1 – 7, how true do those words (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feel to you now?*

VOC \_\_\_\_\_\_\_

Continue sets of BLS until the VOC = 7 or no longer strengthens.

VOC \_\_\_\_\_\_\_

**Step 3 Run a Movie**

Ask the client to run a MOVIE of the scene responding adaptively to the situation from start to finish, holding in mind the Positive Cognition (PC).

Say: *Now I would like you to run a movie of dealing effectively with this situation, holding in mind the positive belief (state PC) you have about yourself.*

Add BLS

Say: *Take a breath.*

*What are you noticing?*

If positive/adaptive

Say: *Go with that.*

Add BLS

Repeat to strengthen the positive emotions and pleasant sensations and process any disturbance that may arise. Continue as long as the scene is becoming more adaptive.

If the client has any blocks, address as above until s/he is able to play the movie from start to finish with a sense of confidence and satisfaction.

NOTE: if client remains blocked, further processing of past memories may be needed.

**GENERATE CHALLENGE SITUATIONS**

Create *multiple scenarios* where there are unanticipated or undesirable outcomes and generate adaptive responses to those situations. Problem solve and brainstorm with client as necessary to identify functional and adaptive responses.

Repeat process and install PC to VOC of 7 for each challenge situation.

**Step 1 – Create an Unanticipated or Undesirable Circumstance**

Say: *I’d like you to think of a challenging situation that could occur.*

Pause

Say: *What are you noticing?*

Identify the challenging scenario.

Develop the challenging scenario with the client to generate functional and adaptive responses.

Identify the desired image, emotions, physical sensations, thoughts and actions.

Scene –

Emotions –

Physical sensations –

Thoughts -

Actions –

**Identify the desired Positive Cognition (PC)**

PC –

**Step 2 Imagine the Scene**

Ask the client to imagine the scene of coping adaptively in the future holding in mind the Positive Cognition (PC) and the emotion.

Say: *I’d like you to imagine yourself coping effectively with this situation in the future.*

*With the new positive belief (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and a feeling of (e.g. calm, confidence… ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - imagine stepping into this scene. Notice how you are handling the situation and what you are thinking, feeling and experiencing in your body.*

Pause while the client develops the experience.

Say: *What are you noticing?*

**Negative Response:**

Identify any difficulties, problem solve and brainstorm with client and generate a desired response.

Repeat Step 2.

**Neutral or Uncertain Response:**

Ask for clarification (lack skills or experience, need for a plan). Generate desired response with client.

Repeat Step 2.

**POSITIVE RESPONSE:**

Reinforce with BLS (1 or 2 sets – fast BLS)

Say: *Bring up the scene and follow my fingers.*

Add BLS

Say: *What are you noticing?*

If still positive –

**Install the Positive Cognition**

Install the Positive Cognition until the VOC is 7 (or ecologically appropriate).

Say: *Think about the scene and the words (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .*

*Pause*

*On a scale of 1 – 7, where 1 is completely false and 7 is completely true, how true do the words (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FEEL to you NOW?*

VOC \_\_\_\_\_\_\_

Say: *Bring up the scene and hold in mind the Positive Cognition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*And follow my fingers.*

Add BLS

Continue sets of BLS until the scene no longer strengthens.

Say: *On a scale of 1 – 7, how true do those words (PC) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feel to you now?*

VOC \_\_\_\_\_\_\_

Continue sets of BLS until the VOC = 7 or is ecologically appropriate.

VOC \_\_\_\_\_\_\_

Use Closing script to close the session.